

Quick and Healthy Menu Planner
Week of July 9, 2006

Wouldn't it be great if someone planned your weekly dinner menus for you and provided a complete shopping list? You're in luck! As the Meijer Healthy Living Advisors we will be giving you weekly, family pleasing menus that are quick, easy and healthier than eating out. In addition, most of the menu items are on sale at Meijer this week so you'll also save money. Simply print the menu and shopping list and you're ready to go to Meijer. Post the menu on your refrigerator and every night you'll know what's for dinner and have the ingredients on hand. I hope our quick and healthy menus make at least one part of your life much easier!

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Healthy Living Advisors
Providing simple solutions for a healthier life...

****NOTE ON PORTION SIZES and NUTRITIONAL CONTENT OF MEALS**

The nutritional information given after each menu is approximate and is based on one serving of each of the menu items listed (excluding any suggested wine). Each recipe will indicate the number of servings it provides. Other menu items are based on normal portion sizes (i.e.: ½ cup vegetable or fruit; 1 piece of fresh fruit; 1 cup salad; 2 T. salad dressing; 1 roll or slice of bread; ½ cup rice or potatoes; 1 cup milk or soup; 3-4 oz. meat). You can also refer to the nutritional facts panel on packaged foods which provide the portion size and number of servings per package.

Sunday

Pork Loin Chops in Pear Dijon Sauce (recipe below)

Serve with:

Meijer Long Grain and Wild Rice Mix

Fresh Green Beans, steamed

Broiled Plums with Meijer Lemon Berry Twirl Sherbet

(Preheat broiler. Toss ½ lb of fresh plums, pitted and cut into ½-inch wedges, with 1 T sugar, ¼ t vanilla, and ¼ t cinnamon. Add plums to shallow broiler pan/dish and let stand for 5 minutes. Add 3 T of water and broil 6-8-inches from heat. Gently broil for 7 to 10 minutes until fruit is softened. Serve fruit over sherbet.)

580 calories
14 g fat
90 g carbohydrate
7 g fiber

Monday – Super Quick & Easy!

Meijer Family Meals – Fiesta Chicken Bake

Serve with:

Meijer Frozen Mexican Style Vegetables (cook in microwave)

Motts Applesauce Cup

Meijer Fat Free Milk

530 calories
11 g fat
80 g carbohydrate
8 g fiber

Tuesday

Tasty Tuna Casserole

(Preheat oven to 350 ° F. Prepare 1 box of Meijer Macaroni and Cheese Spirals Dinners as directed on package. Stir in 1 can Meijer condensed cream of celery soup, ½ cup Meijer fat free milk, 1 (6 oz.) can (drained) Meijer tuna packed in water, ½ of a chopped red pepper, and 1 chopped green onion. Place in 2-qt casserole and top with 1 cup crushed Frito Lay Baked potato chips. Bake for 30 min. Source: Kraft)

Serve with:

Meijer Frozen Petite Peas
Fresh Washington Cherries
Meijer Fat Free Milk

500 calories
14 g fat
70 g carbohydrate
7 g fiber

Wednesday

Garlic Herb Pistachio Chicken

(Preheat oven to 375° F. Mix ½ cup coarsely shelled and chopped pistachios with 1 T Mrs. Dash Garlic and Herb Seasoning Blend. Coat 1 lb of chicken breasts with pistachio mixture. Heat 1 T Carapelli Olive Oil in a nonstick skillet over medium heat and sauté chicken breasts 3-4 minutes. Turn chicken and sprinkle with ½ T Mrs. Dash Garlic and Herb Seasoning. Sauté for 3-4 minutes until golden brown on each side. Add to baking dish and bake for 20 min.)

Serve with:

Meijer Bow Tie pasta topped with Raju Pasta Sauce
Dole Baby Spinach Salad with sliced cucumbers, grape tomatoes, and radishes. Dress with your favorite Meijer Light salad dressing
Sliced Golden Fresh Pineapple

585 calories
21 g fat
62 g carbohydrate
7 g fiber

Thursday

Quick Chik'n Quesadillas

(Microwave 4 Boca Meatless Spicy Chik'n Patties; cut into stripes. Spray a medium nonstick skillet with cooking spray and place over medium heat. Add 1 tortilla at a time and sprinkle with ¼ cup Meijer Mexican-Style Cheese. Top cheese with chik'n patty strip and another tortilla. Cook 2 minutes on each side until golden brown. Cut into 6 wedges and serve with Meijer salsa Adapted from Boca)

Serve with:

Meijer Frozen Fiesta Vegetables
Blueberries topped with Meijer fat free Whipped Topping

570 calories
18 g fat
68 g carbohydrate
10 g fiber

Friday

Colorful Stuffed Peppers (recipe below)

Serve with:

Dole Hearts of Romaine Salad with Meijer Light French Dressing

Meijer Fruit Cocktail

595 calories
16 g fat
80 g carbohydrate
9 g fiber

Saturday

Strip Steak with Bourbon Onion-Mushroom Sauce (recipe below)

Baked Potatoes

Meijer California Blend Vegetables

Banana Cream Delight

(Top ½ c Kozy Shack Vanilla Pudding with sliced bananas)

Wine Choice: Mondavi Woodbridge Pinot Noir

650 calories
16 g fat
90 g carbohydrate
8 g fiber
* 5 oz glass of wine is an additional 120 calories and 4 gm carbohydrate)

SHOPPING LIST

Grocery

- 1 Bottle Carapelli Olive Oil
- 1 Bottle Port Wine (optional)
- 1 Bottle Bourbon (optional)
- 1 Bottle Mondavi Woodbridge Pinot Noir
- 1 Can Meijer Beef Broth
- 1 Can (15 oz) Meijer Sliced Pears in Water
- 1 Bottle Meijer Dijon Mustard
- 1 Box Meijer Long Grain and Wild Rice Mix
- 1 Box Meijer Spanish Rice
- 1 – 6 pack Motts Applesauce Cups
- 1 Box Macaroni and Cheese Spirals Dinner
- 1 Can Meijer Condensed Cream of Celery Soup
- 1 Can Meijer Tuna Packed in Water
- 1 Bag Frito Lay Baked Potato Chips
- ½ lb Pistachios from Bulk Foods
- 1 Bottle of Mrs. Dash Garlic and Herb Seasoning Blend
- 1 Box Meijer Bow Tie Pasta
- 1 Jar Ragu Pasta Sauce
- 1-2 Bottles Meijer Light Salad Dressing of Your Choice
- Meijer Flour Tortillas
- Meijer Salsa
- 1 Can Meijer Diced Tomatoes
- Meijer Fruit Cocktail, packed in juice
- 1 Bottle Sweet Baby Ray's BBQ Sauce
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Dairy

- 1 Gallon Meijer Fat Free Milk
- Meijer Mexican Style Shredded Cheese
- 1 lb Meijer Butter
- 1 – 16 oz Container Kozy Shack Vanilla Pudding
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Meat

- 2 lb Boneless Loin Pork Chops
- 1 lb Boneless Chicken Breasts
- 1 Package Jennie O Turkey Store Lean Ground Turkey
- 1 lb Boneless Strip Steak
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Frozen

- Lemon Berry Swirl Sherbet
- Meijer Family Meal – Fiesta Chicken Bake
- Meijer Mexican Style Vegetables
- Meijer Petite Peas
- Meijer California Blend
- Meijer Fiesta Vegetables
- 1 Box Boca Spicy Chik'n Patties
- 1 Container Meijer Fat Free Whipped Topping
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Produce

- 1 lb Green Beans
- ½ lb Plums
- 2 Red Peppers
- 2 Yellow Peppers
- 2 Green Peppers
- 1 Bunch Green Onions
- 1 lb Washington Cherries
- 1 Bag Dole Baby Spinach Salad
- 1 Bag Dole Hearts of Romaine Salad
- 1 Cucumber
- 1 Container Grape Tomatoes
- 1 Bag Radishes
- 1 Golden Pineapple
- 1 Container Blueberries
- 2 Onions
- 1 – 8 oz Package Sliced Mushrooms
- 1 Jar Minced Garlic
- 1 Bag Meijer Potatoes
- 1 lb Bananas
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Pantry Items:

- Meijer Cooking Spray
- Meijer Flour
- Meijer Salt
- Meijer Ground Black Pepper
- Meijer Sugar
- Meijer Vanilla
- Meijer Cinnamon

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Recipes

Pork Loin in Pear-Dijon Sauce

Makes 6 (3 ounce) servings

- ¼ cup Meijer flour
- ¼ t salt
- ¼ t ground black pepper
- 6 boneless loin pork chops (4 oz each), pounded ½-inch thick
- 2 T Carapelli olive oil
- ½ cup port wine or beef broth
- 1 can (16 oz) Meijer pear sliced, drained
- ⅓ cup Meijer Dijon Mustard

1. Mix flour, salt, and pepper in shallow dish. Add chops; turn to evenly coat both sides with the flour mixture.
2. Heat olive oil in large skillet on medium heat. Add chops; cook 5 to 8 min on each side or until cooked through. Remove chops from skillet, reserve drippings in skillet; cover chops to keep warm.
3. Add wine or broth to skillet. Bring to boil, stirring frequently to loosen brown bits from bottom of skillet. Add pears and mustard; return to boil. Reduce heat to medium-low; simmer 5 min or until thickened. Spoon sauce over chops.

Nutrition Information per serving:

Calories: 260
Total fat: 10 g
Carbohydrate: 13 g
Fiber: 2 g

Adapted from Kraft

Colorful Stuffed Peppers

Makes 4 servings

- 4 bell peppers, preferably a mix of yellow, green, and red
- 1 box Meijer Spanish Rice
- 1 T Carapelli olive oil
- ½ cup chopped onions
- 1½ T minced garlic
- 1 package Jennie O Turkey Store Lean Ground Turkey
- 1 can (14 ½ oz) Meijer diced canned tomatoes, drained

1. Heat oven to 375°F. Cut peppers lengthwise through stems, keeping stems halves intact to hold stuffing. Discard seeds and veins. Cook peppers in boiling salted water for 5 to 6 min. or until crisp-tender; drain well and place cut side up in 13 x 9-inch baking dish.
2. Prepare Spanish Rice box mix, as directed.
3. Heat oil in large deep skillet over medium-heat. Add onions and garlic; cook 5 minutes, stirring occasionally. Crumble turkey into skillet; cook 5 minutes stirring occasionally. Add tomatoes and prepared rice; continue to cook 5 minutes or until heated through.
4. Remove from heat and mound the mixture into pepper halves.
5. Bake 30 minutes.

Nutrition Information per serving:

Calories: 415
Total fat: 11 g
Carbohydrate: 55 g
Fiber: 6 g

Adapted from www.jennie-o.com

Strip Steak with Bourbon Onion-Mushroom Sauce

Makes 4 servings

2 boneless beef strip steaks (8 oz each)
½ t ground black pepper
1 cup Sweet Baby Ray's BBQ sauce
1 medium onion, sliced
1 cup sliced mushrooms
2 T Meijer butter
¼ cup bourbon or beef broth

1. Preheat grill to medium-heat. Sprinkle steaks evenly with pepper.
2. Grill steaks for 7 minutes; brush with ½ cup BBQ sauce. Turn steaks and grill an additional 7 min.
3. Cook and stir onions and mushrooms in butter in large skillet on medium-high heat 2 to 3 min., or until tender. Add ½ cup BBQ and bourbon or beef broth. Reduce heat to low; cook an additional 5 min. Serve steak with BBQ bourbon sauce.

Nutrition Information per serving:

Calories: 290
Total fat: 12 g
Carbohydrate: 16 g
Fiber: 1 g

Adapted from Kraft Foods